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Fat Loss For Idiots - My Fat Loss 4 Idiots Review From My Experience

By Athanasios G.

There are many diet programs and websites out there all touting their product as the best thing since sliced bread (sorry about that, but I could not resist). Anyway, the fat loss for idiots program, also known as the fat loss 4 idiots and fat loss for beginners program is the hottest diet on the internet today. I am usually very skeptical about diet programs that get a lot of press because I don't go for fad diets. I did some research on my own and went to the various weight loss forums and did some looking around there. When people are not happy with a program, they are usually very vocal. I saw that there were many people who enjoyed success with the program and they all agreed that it was simple to follow and had no weird dietary requirements. I was convinced that this was something I

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could succeed at so I tried it out. Below are my conclusions based on my experience doing the fat loss for idiots diet.

First, I went to the fat loss for idiots website to download the program. As of this writing, you have two options download the diet alone, or with the online calculator. I chose the complete package. I read the diet plan and using their online diet generator was able to create a customized day by day menu. I have to say that I really liked the idea that my every meal was spelled out clearly and included foods that I was able to choose from the food list. I should also mention that the diet favors simple, unprocessed foods without complicated recipes and weird ingredients so the meal preparation was really minimal. For me, this is a big plus. With many diets I was on previously, the daunting task of meal preparation and measuring and all that was a real drag, let me tell you. For those of you who work and commute, I have to say that the meals are portable and you don't have to worry about heating things up so you can eat your meals anywhere.

The basic structure of the fat loss for idiots diet is to eat 4 meals each day and space them about 2.5 to 3 hours apart. You are also expected to finish eating before 7:00PM. I have advocated these two ideas for a long time. The idea of having smaller meals evenly spaced apart serves several purposes. First and foremost, you are kept from getting really hungry and cheating on your diet. Not having that starving feeling really helps you lose weight. Second, by eating smaller meals more often stimulates your metabolism. Keeping your metabolism going is very important. If your metabolism stalls, your weight loss will stall with it. It is worth noting that many diet programs and websites tell you not to eat your last meal of the day late. This is good advice for any diet. If your body does not have time to burn these calories, it will store the excess as fat, something to avoid when

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you are on a diet.

Another main ingredient of the diet is the concept of changing food groups around. The diet generator on the fat loss for idiots website keeps your body off balance by varying the proteins and carbohydrates and fats. By constantly mixing the ratios, your body does not adapt to the changes fast enough and the weight loss does not stall. But does the diet work? Did it work for me?

I stuck with the entire 11 day fat loss for idiots diet plan and lost about 10 pounds. I did not exercise during this period. I was about 35lbs. overweight when I started the diet. I am very happy with the results. I plan on giving my body some time to adjust and soon I will generate a new diet on the fat loss for idiots website to continue my weight loss journey. I hope this article has helped you. In my bio, there are links to more information on this diet as well as a link to my personal weight loss website that has free articles on various weight loss topics. Please visit the fat loss for idiots article link for a quick rundown of the pros and cons. Thanks for reading and good luck!

About the Author: Mr. G. is a weight loss fanatic. He is passionate about weight loss and fitness. A long time trainer, he is back on track to his lowest weight. For more information on the diet we discussed above, click here: [Fat Loss for Idiots Information](#). For advice and articles on weight loss, visit: [Weight Loss Fast Tips and Articles](#).

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